

# FRIDAY NIGHT FACTS

OFFICE OF FAITH-BASED AND COMMUNITY INITIATIVES



MITCHELL E. DANIELS, JR., GOVERNOR  
PAULA PARKER-SAWYERS, EXECUTIVE DIRECTOR



*"The ultimate measure of a [person] is not where [they stand] in the moments of comfort and convenience, but where [they stand] in times of challenge and controversy."*

*Martin Luther King, Jr.*

Many of us enjoy a level of comfort only dreamed of by the generation before us. We each have a responsibility to help those who are not as fortunate to have shelter and food, to read and write, to walk or run or just to enjoy the pleasure of being alive. As too often we discover, life is fragile and can vanish in the bat of an eye. My hope is that there are no missed opportunities to make a difference in someone's life.

## Martin Luther King, Jr. Day of Service

Since 1994, Americans have been honoring the legacy of Dr. Martin Luther King, Jr. by serving their communities. How are you going to serve your community this January 15th?



If you know of any MLK Day of Service events in your area, we want to hear about it! Please contact Sarah Bonilla at (317) 234-4287 or

[Sbonilla@ofbci.in.gov](mailto:Sbonilla@ofbci.in.gov) with information about your service project or event. We will be posting a list of service events throughout the state on our website, <http://ofbci.in.gov/>.

If you are interested in learning more about the MLK Day of Service, finding a service project in your area, or sponsoring a project of your own, visit <http://www.mlkday.gov/>.

This website has a wealth of resources, including toolkits for planning and fundraising, as well as examples of other successful MLK Day projects.

Additionally, HelpIndyOnline.com, Service for Peace, and the Indiana Civil Rights Commission have launched a statewide online database of MLK Day volunteer opportunities. For more information, visit [http://helpindyonline.com/index.php?option=com\\_content&task=view&id=6&Itemid=26](http://helpindyonline.com/index.php?option=com_content&task=view&id=6&Itemid=26)



## From the Desk of Lt. Governor Skillman

The Biblical commandment to “love thy neighbor as thyself” never rang as true in my heart as it did yesterday. I traveled just a little more than a mile from the Indiana State House to visit the Holy Family Shelter, a program of Catholic Charities Indianapolis.

Thanks to our generous friends at Indiana’s Head Start Association, yesterday we had the pleasure of donating 165 Leap Pad Learning Systems to the children at Holy Family and 30 other Indiana shelters. These Leap Pads will not only provide hours of fun, but also jumpstart their education.

Here in Indiana, approximately 18,000 people are homeless on any given night, and 40 percent of these are families with children. These are children with very few learning resources at their fingertips, who were at high risk of not receiving early educational opportunities.

While these Leap Pads won’t replace the classroom, I pray they touch the hearts of the children and install in them a lifelong love of learning. This is a small step in breaking the cycle of homelessness and teaching children the skills they need to overcome poverty.

Many families that pass through shelters are our neighbors and friends. As Hoosiers, we are called to love thy neighbor as thyself, starting with the most fragile citizens – our children.

*Lt. Governor Becky Skillman serves as chair of the Indiana Housing and Community Development Authority’s Board of Directors.*

## Indiana Nonprofit Resource Network Workshops

Crawfordsville Nonprofit Lunch Series, sponsored by the Montgomery United Fund for You, will be hosting the following workshops:

**Wednesday, 12/6/06, from 11:30 AM to 1:30 PM – Community Collaborations**

**Wednesday, 12/13/06, from 11:30 AM to 1:30 PM – Understanding Growing Hispanic Community**

The cost is \$15 per workshop (\$10 each for United Fund or United Way). Bring your sack lunch and join everyone at the Crawfordsville Public Library, 222 South Washington Street, Crawfordsville, 47933.

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Youth workers, parents, social workers, teachers, probation officers, foster parents, youth ministers, day care providers, school counselors, concerned citizens...The 40 Developmental Assets are researched based findings on what kids need to succeed.

Learn how these assets play a role in the development of youth, and how to implement these assets into your organizations program at the following workshop:

**Thursday, 12/7/06, from 9 AM to 4 PM** (lunch will be provided) at the United Way of Porter County, 951 Eastport Centre Drive, Valparaiso, 46384. The cost of this workshop is \$15 (\$10 for United Fund or United Way).

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Calling all YOUTH WORKERS! Celebrate youth this season at the Holiday Bash – Youth Workers Café! Enjoy a delicious free meal, and network with your fellow youth workers on **Tuesday, December 19<sup>th</sup> from 10 AM to 12 Noon** at Judi’s Catering, 101 Plaza Lane, Lafayette.

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For more information or to register for any of these workshops, contact Jillian Miller at 765-742-8241 x228 or at [INRN@GLVB.ORG](mailto:INRN@GLVB.ORG)



**Bring the following information with you:**

- Your Medicare card
- Letter(s) from the Social Security Administration
- Materials from the Centers for Medicare and Medicaid Services
- List of your prescription medications and dosages
- List of your current prescription costs
- List of your over-the-counter medications
- List of current coverage
- List of your preferred pharmacies or home delivery services

\* For new enrollees, if you currently have prescription drug coverage, you should also bring a letter from your union or former employer health plan.

## **Your Rx for Success!**

### **Butler Pharmacy Medicare Part D Enrollment Event**

*Do you want to know if your 2006 Plan is still right for 2007?*

*Have you had trouble with your 2007 and want to see about a better option?*

**We know that some plans have changed for 2007 so.....**

***Butler University's College of Pharmacy and Health Sciences wants to help.***

**Trained representatives from Butler's College of Pharmacy and Health Sciences will be available to assist you:**

**Saturday, December 2, 2006**

**10 a.m. – 1 p.m.**

**Butler University**

**College of Pharmacy and Health Sciences**

**4600 Sunset Avenue**

**Rooms 103 and 106**

**Indianapolis, IN 46208**

***This event is free and open to the public.***

***Please call (317) 940-9324 for additional information or directions.***

You are able change plans from November 15 to December 31, 2006 for new coverage to start January 1, 2007 or sign up for a plan if you didn't last year. Medicare recommends you sign up or change plans by December 8<sup>th</sup> to avoid problems in the pharmacy on January 1.

**Remember:** *Never accept telephone solicitations for enrollment nor give out any personal information on the phone or in person to anyone not affiliated with a trustworthy organization.*

**MEDICARE**  
Access Network **X**  
OF INDIANA

## The Gift that Keeps on Giving

As you shop for the holidays, look for gifts that will help your friends and family lead healthier lifestyles. You can even take their personal goals for 2007 into consideration. Does someone want to lose weight? Exercise more? Eat healthier? If so, you can help them succeed by giving them a gift that will increase their chances of success. Even if they haven't vocalized their opinion, chances are everyone would appreciate tips on ways to move more or eat healthy. Here are a few gift ideas to get your friends on their way:

- ◆ If it's physical activity they're striving for, think about running shoes, a bicycle, pedometer or a health club membership.
- ◆ For healthy eaters, look for low-fat cookbooks, gift cards to organic grocery stores or food measurement instruments such as a scale.
- ◆ If you're looking for a more creative approach, include a recipe and ingredients for a healthy meal or snack, all wrapped up in a basket.

In addition to gift-giving, this season usually requires a handful of holiday parties. Here are some tips on how to handle the buffet:

- ◆ Don't stand next to the food.
- ◆ Fill a small plate and pay attention to what you are eating.
- ◆ Set a limit for yourself.
- ◆ Eat a healthy snack before you go.
- ◆ Drink plenty of water and limit calorie-laden drinks, especially alcohol.

Better yet, take your own snack to the party. Here's a healthy snack that makes three dozen mini muffins, with 70 calories each; perfect for sharing.



### **Snickerdoodle Mini Muffins**

#### Ingredients

#### **Topping:**

1/3 cup granulated sugar  
1 teaspoon ground cinnamon

#### **Muffins:**

1-1/2 cups all-purpose flour  
1 cup quick or old fashioned oats, uncooked  
1/2 cup granulated sugar  
1 tablespoon baking powder  
1 cup fat-free milk  
1 egg, lightly beaten  
4 tablespoons (1/2 stick) margarine or butter, melted  
1 teaspoon vanilla

#### **Cooking Instructions:**

Preheat oven to 400 degrees. Spray bottoms only of mini muffin pan cups with cooking spray.

For topping, combine sugar and cinnamon in small bowl; mix well and set aside.

For muffins, combine flour, oats, sugar and baking powder in large bowl; mix well. In small bowl, combine milk, egg, margarine and vanilla; blend well. Add to dry ingredients all at once; stir just until dry ingredients are moistened. (Do not over mix.)

Fill muffin cups two-thirds full. Sprinkle topping evenly over tops of muffins.

Bake 12 to 14 minutes or until light golden brown. Cool muffins in pan on wire rack 5 minutes; remove from pan. Serve warm.

For more information on activities and recipes visit [www.INShape.IN.gov](http://www.INShape.IN.gov) and [www.fitcity.info](http://www.fitcity.info)